Meds, Nutrition, Supplements

What to add to diet

http://www.tiredoflyme.com/10-foods-you-should-be-eating-if-youre-battling-lyme-disease.html#at_pco=smlrebh-1.0&at_si=577befc966d71c44&at_ab=per-2&at_pos=1&at_tot=6

Bio-films

http://www.herbsforlyme.com/category-s/429.htm

Add fulvic acid

Add royal jelly

Add teasel root

Add for babesia

Keep up with herbs taking!

http://www.naturalhealth365.com/energy_herbs.html/

MACA - http://www.ncbi.nlm.nih.gov/pubmed/18784609

Muscle cramping could be thyroid not functioning well

JUNE

add magnesium

magnesium oil spray from Pure Vitality Minerals. Green label. Amazon.

8. **Lower Carbohydrate Intake** – Lower your intake of sugars and grains and replace them with healthy fats. Most women especially consume far too many carbs which

increase estrogen and negatively effect the thyroid. Instead consume healthy fats that will balance hormones, like: coconut oil, coconut milk, avocado, grass-fed beef, wild salmon, chia, flaxseeds, and hemp seeds.

I THINK THIS WAS IN FEB

NUTRITION

Eating organic veggies, low sugar fruits, staying away from gluten and dairy, get my protein from nuts/seeds/eggs/shrimp/fish and occasional chicken/beef from gifted food after getting out of the hospital

No sugar! No caffiene! Staying away from alcohol (except for when someone brings something over) Added a hemp protein mix and green drink mix from Trader Joes a nutritionist working their recommended. Something like a Paleo diet I have been following. Began to eat this way intuitively past few years, more intentional in the fall.

MEDS

Aspirin

I am taking 1 baby aspirin a day for the aneurysm repair. I have norco for strong pain meds, but I try and stay away from that. Too constipating.

SLEEP AIDES

Thc

liquid melatonin

benadryl

valerian

theanine

I am out of tryptophan - but that helps!

Try and use good sleep hygiene.

Electronics off by 8:00

BUHNER PROTOCOL HERBS

Japanese Knotwood - daily

Cats Claw (taking a break from this)

Cordyceps

Rhodilia (for fatigue)

Eleutherococcus (for fatigue)

GUT

Pro-biotic: Mood + (Garden of Life)

Plan on switching to something more diverse, and then making own

ANTI-INFLAMMATORY

Tumeric

White Willow Bark

Zyflamend

JOINT and BONE SUPPORT

Glucosamine Chondroitin

switched to just glucosamine

OTHER

Omega 3 - cold water Fish oil

Migrarelief

B-Complex

Calcium, Magnesium, Zinc mix or Calcium, Magnesium, D mix

Plan to add D daily

Added E per buhner protocol

Yin Chiao - have experimented with adding this when feel I am having a flu like herx reaction

Emergen-C type mix you add to water

Trader Joe's Organic Hemp Powder

Trader Joe's Super Green Mix

Cayenne pepper - would help take the edge off

Since anti-biotic, digestive system on track

Stool softener - when needed

Magnesium Citrate - when I get really blocked up, but was too explosive

Colin Cleanse - Trader Joe's - when blocked up.

MARIJUANA

This was the ONLY thing that helped with some of the pain before they gave me narcotics. If I was at an 8 or 9 - the only thing that helped then was meditation. I have an appointment to get a medical marijuana card.

BACH FLOWER

Rescue Remedy

SCENTS

Lavendar

Star Essence Shield of Light (almost out - bummer, expensive)

Sometimes just smelling cinnamon helped when the headaches were bad

ADDING

purchased something for adrenals and HPA axis.